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Designed by a dentist for protection and comfort. Custom fit by you for convenience.

Mouth size and body type can differ. However, as a general rule, choose the size based on the following:

## Medium

Men and women under 5'6"

Most men and women (5'6" to 5'11")

Men and women 6'0" and above

Complete fitting instructions are inside the package and there is a toll-free number to call for extra help.



Dental Protector for Nighttime Teeth Grinding (Bruxism)

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US Patent # 6,830,051 & D504,744 Made in U.S.A. DC13102

- If your dentist told you that you
- If you have any tooth or jaw pain, or pain with bruxing or tooth grinding
- As an athletic mouth guard. Product does not absorb shock.

  For more than three months without
- consulting your dentist.

## Ask a dentist before use if

- Loose fillings, loose caps or cavities with no fillings.
- Clicking of your jaw.
- Jaw pain, teeth pain, face pain, or have a hard time chewing.
- Two or more missing teeth. Mouth sores.
- · Gum disease or bleeding gums.
- Serious breathing, respiratory or other health problems.

When using this product:

See your dentist every six months.

## Stop use and ask a dentist if:

- Your same symptoms last even after several weeks of use.
- The product easily falls out of your
- The product causes you to gag or feels uncomfortable.
- You have bleeding gums, soreness, or other reaction inside your mouth.
- You notice new symptoms (jaw pain, teeth pain, ear pain, headache, neck stiffness, or joint clicking) because of the product.
- You have loose teeth or a change in your bite that lasts more than a few minutes after taking product out.

www.doctorsnightguard.com